

THE
BETWEEN
SESSIONS
JOURNAL

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APPLY YOUR INSIGHT
TO CREATE LASTING CHANGE

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INTRODUCTION

Therapy, counseling, or coaching can make a profound difference in your life. When you are in a session, you can feel the safety of having a trusting relationship with a professional that is different than any other relationship in your life. You can talk about feelings or thoughts that you never shared before. You can gain insight into your behavior and your choices and find a new direction for your life.

Reflecting on your therapy sessions can give you additional insight into yourself and the past, present, and future. And that's how you can use this journal. Within 24 hours of every session, fill out the 2-page session review, thinking about what you said, what you felt, what you learned, and even the things you forgot to say.

The next two pages will give you an opportunity to explore your thoughts and feelings in ways which may not have been covered in your session. There is a great deal of research that shows this type of journaling can be extremely effective in working toward your goals.

You'll also notice there is a place to rate the progress you are making each day, and a place to rate your daily mood.

We hope this journal helps you in your journey to self-growth, allowing you to live a happy and meaningful life.

Sincerely,

Lawrence E. Shapiro, Ph.D.
President, Between Sessions Resources

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THOUGHTS FOR THE NEXT SESSION

(fill in anytime)

“Once you make a decision, the universe conspires to make it happen.”

— Ralph Waldo Emerson, Poet

Can you think of a past decision you made that you felt good about? What helped you make that decision?

Rate Your Daily Progress in Dealing With Your Life:

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— **Carl R. Rogers, Psychologist**

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“The space in which we live should be for the person we are becoming now, not for the person we were in the past.”

Look around your home. Does your home represent who you are becoming now? If not, what changes could you make so your space looks and feels more like who you are becoming?

[illegible]

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— *Ashley Rickards, Actress*

Describe the vision of your ideal self. How would that future version of you walk, talk, dress, or eat?

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— **Socrates, *Philosopher***

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— **Sanhita Barua, Author**

How often do you practice doing things to care for yourself?

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(fill in anytime)

“You create opportunities by performing, not complaining.”

— Muriel Siebert, Businesswoman, First Woman to Have a Seat on the NY Stock Exchange

What is something you find yourself complaining about often? Knowing how harmful complaining is TO YOU, what could be a different perspective or mindset about this complaint, where you can see a growth opportunity for yourself?

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“Life’s challenges are not supposed to paralyze you; they’re supposed to help you discover who you are.”

— Bernice Johnson Reagon, Songwriter and Activist

Write about a past challenge you overcame. Describe how it helped you discover more about yourself and what you are capable of.

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— *Mary Hemingway, Journalist*

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— **George Bernard Shaw, Playwright**

What is something you have struggled to change? Once you have finished journaling, reread your notes and notice if you have a fixed mindset around this challenge. Write about what you discovered.

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“Stay committed and consistent and you will achieve your goals. Never give up.”

Are you taking consistent steps toward your goals? If so, write about how you are progressing. If not, what do you think is stopping you?

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— *Joseph Campbell, Professor and Author*

Write about something you love to do. How often do you give yourself time to do it?

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— *Paulo Coelho, Author*

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— **Albert Einstein, Nobel Prize Winning Physicist**

How often do you play with your imagination? Using your imagination, write down the very best life you envision for yourself.

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— *Oprah Winfrey, Television Personality*

Write about something you are passionate about. How much time and energy do you spend on it each day?

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— **Simone Biles, Olympic and World Champion Gymnast**

What is an area you feel you lack confidence? What can you do to practice your skills in that area?

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THOUGHTS FOR THE NEXT SESSION

(fill in anytime)

“Courage is resistance to fear, mastery of fear – not absence of fear.”

— Mark Twain, Writer, Humorist, and Entrepreneur

Write about something you're fearful of. Next, think of resources that can help you with that fear. Write down your thoughts.

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— *Johann Wolfgang Von Goethe, Poet*

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— *Albert Einstein, Nobel Prize Winning Physicist*

Write about an area in your life you would like to be bolder. What would you say or do?

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"I have realized; it is during the times I am far outside my element that I experience myself the most. That I see and feel who I really am, the most!"

Write about a time you found yourself out of your comfort zone. What did you experience? How did you feel once the event was over?

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— ***Mahatma Gandhi, Lawyer, Social Activist, and Leader of a Political Movement***

Can you think of a time when you shared a different opinion about something than others? What did you do or say? How did you feel?

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— **Madonna, Singer, Songwriter, and Actress**

What is one area where you are afraid to speak up for what you want? If you could speak up boldly for yourself, what would you say? What might be a resource to help you with this?

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THOUGHTS FOR THE NEXT SESSION

(fill in anytime)

“I am lucky that whatever fear I have inside me, my desire to win is always stronger”

— Serena Williams, Professional Tennis Player

Write about a time when you conquered your fear. How did you feel before you took action? How did you feel after the event was over?

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— Roy Bennett, Attorney, CPA, and Former Chairman
of the Ohio Republican Party

Think about what YOU truly want for yourself and your life. Write this down in detail. Is it different from what others want for you?

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— **Don Miguel Ruiz, Spiritual Teacher and Author**

Write down at least three current goals. Next, write down the small action steps you are currently doing (or could start doing) to move toward achieving each goal.

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“We can’t be afraid of change. You may feel very secure in the pond that you are in, but if you never venture out of it, you will never know that there is such a thing as an ocean, a sea.”

— C. JoyBell C., Author

Have you ever made a big, bold, life changing decision? Write about it. If not, has there been a bold decision you’ve dreamed of making? Take some time to describe that.

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— Oprah Winfrey, Television Personality and Entrepreneur

What does a meaningful life mean to you? Do you believe you are living a meaningful life?

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THOUGHTS FOR THE NEXT SESSION

“As you move outside of your comfort zone, what was once the unknown and frightening becomes your new normal.”

Pick one of your future goals. Now close your eyes and imagine yourself having achieved it. Try to get into the state of being as best you can, where this goal is your new normal. What would you feel like now that you finally conquered this? Write about this experience.

Rate Your Daily Progress in Dealing With Your Life:

[illegible]

1 = Depressed, anxious, upset and 10 = Feeling great!

M T W TH FRI SA SUN

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(fill in anytime)

“Pain doesn’t last. And when it’s gone, we have something to show for it: Growth.”

— Kamal Ravikant, Author

Think about an important lesson you learned and grew from out of a painful experience. How did that help shape who you are now?

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“Develop success from failures. Discouragement and failure are two of the surest steppingstones to success.”

— Dale Carnegie, Author and Self-Development Trainer

Write about an area in your life where you believe you are failing. Success comes from failing. Begin to imagine and write about how success can come out of this experience.

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— *Helen Keller, Author and Educator*

Would you describe yourself as an optimist? How would your life be different if you were more optimistic?

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(fill in anytime)

“On a deeper level you are already complete. When you realize that, there is a playful, joyous energy behind what you do.”

— Eckhart Tolle, *Spiritual Teacher and Author*

Close your eyes and sit with the thought, “On a deeper level, I am already complete,” while taking several deep breaths. After about a minute, open your eyes and write your thoughts on already being complete, just as you are right now.

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“We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.”

— Frederick Keonig, Inventor

Write down ten things you are grateful for in your life. Start each sentence with, “I am so thankful for...” and write down why you're thankful for it. For example, “I am so thankful for my bed because I have a comfortable place to rest every night.”

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“I could not, at any age, be content to take my place by the fireside and simply look on. Life was meant to be lived. Curiosity must be kept alive. One must never, for whatever reason, turn its back on life.”

— Elenor Roosevelt, Former First Lady of the United States

What is an area you are curious about or would like to learn more about? Is there something fun you could you do to help stir your curiosity?

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“If you are not willing to risk the unusual, you will have to settle for the ordinary.”

What is an area in your life where you feel you are settling for less than you are capable of? What are the risks involved with changing? What will happen if you choose not to change? What will happen if you choose to change?

[illegible]

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— *Rumi, 13th Century Poet*

Remember, there are people in the world who would give anything to live the life you have. Take some time to write about all the blessings and great things that are present in your life.

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— **Brian Tracy, Motivational Speaker**

Name an area where you wish you had better luck.
What actions can you take to help improve that area?

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— **Amy Poehler, Actress and Comedian**

Write about something you really want to do or be. What would be the first step you would take toward that vision? How do you think you would feel once you took that step?

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